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SEP 28 1992

Re: Distribution of "Healthy Eating in Indian Country" Fact Sheets and Poster

This series of 12 nutrition and health fact sheets with recipes on the back has been designed especially for FDIPIR recipients. The fact sheets address specific nutrition-related health issues that are relevant to Native Americans. The fact sheets are numbered and designed to be distributed to households along with the food package at the rate of only one per month in the numbered sequence. The entire series will be distributed over the course of a year.

Please follow these recommendations for distribution.

- o Display the series poster immediately upon receipt in a prominent location where food packages are distributed. The poster is intended to announce and maintain recipient interest in the series of fact sheets.
- o Distribute only one fact sheet for each household, not one for each household member. Save any extra copies for future use when individuals express an interest or when new households join the program.
- o Distribute only one fact sheet per month, even if recipients ask for advance copies of others or of recipes. Recipients are most likely to benefit from the fact sheets if they receive them over time.
- o Whenever possible, personally hand out the fact sheets to recipients and explain how important they are.
- o Display a positive attitude toward the fact sheets. Encourage recipients to keep them to read and discuss with their families and neighbors who may have one or more of the health problems addressed.
- o Explain that the new recipes offer healthy, enjoyable ways to use FDIPIR commodities, and are relevant to the topics presented on the front of each fact sheet. Let young households know that these recipes are quick and easy and are "good health" alternatives to fast food.
- o Tell recipients where to obtain further information on any of these important nutrition and health topics. This may include encouraging them to talk to their Indian Health doctor or clinic health workers.
- o Remember that these fact sheets can create new interest in FDIPIR and provide us all an opportunity to help more people through this important program.

If these fact sheets are delivered incorrectly or if you have any questions, please contact Melissa Coughlin or Philip Cohen at (703) 305-2660.

for *Melissa E. Turo*
SUSAN E. PRODEN
Acting Director
Food Distribution Division



Healthy Eating in Indian Country:



Diabetes

Diabetes is a disease you have when your body can't use digested foods for the energy it needs. Diabetes will make you sick. There is no cure for diabetes, but you may be able to control it with a good diet and regular exercise. Some people may require medication.

How To Know if You Have Diabetes

The Indian Health Service doctor or clinic can test you to see if you have diabetes. This test is the only way to know if you have diabetes. You can look for certain warning signs. Go to the doctor or clinic right away if you have:

- constant thirst
- frequent urination
- tiredness
- constant hunger
- weight loss
- weakness

How To Control Diabetes

People with diabetes need to eat a variety of foods, exercise regularly, and, in certain cases, take medication. Overweight people need to eat the right foods and exercise to lose weight.

If you do not control diabetes, it may lead to other health problems such as **heart disease**, **high blood pressure**, **infections**, **kidney disease**, **stroke**, or **blindness**.

What Should You Eat if You Have Diabetes?

An Indian Health Service dietitian, nutritionist, or your clinic can help you plan meals.

Eat less sugar

- Drain and lightly rinse canned fruits to remove extra sugar.
- Use less honey or sugar in muffin, cookie, and cake recipes.

Eat less fat

- Eat chicken (without skin) and fish more often. Limit foods like fry bread.
- Bake, broil, roast, or steam foods instead of frying them.
- Chill canned meats and remove the hardened fat at the top.

Eat more fiber

- Eat cooked dry beans, potatoes, other vegetables, fruits, and whole-grain bread more often.
- Use half all-purpose flour and half whole-wheat flour in recipes when you bake.

Eat less salt

- Use herbs and spices to flavor food instead of salt. Don't use salt at the table.
- Drain and lightly rinse canned vegetables to remove extra salt.
- Cook pasta and rice without adding salt to the water.



CORN AND BEAN MEDLEY

Makes 4 servings, 1/2 cup each

3 tablespoons liquid drained from canned corn
1/4 cup onion, chopped
1 cup canned whole-kernel corn, drained
3/4 cup dry kidney beans, cooked
3/4 teaspoon chili powder
1/4 teaspoon hot red pepper flakes (optional)

1. Heat 3 tablespoons of liquid from canned corn in saucepan.
2. Cook onion in liquid until soft, about 2 minutes.
3. Add corn, kidney beans, chili powder, and hot red pepper flakes to onion mixture.
4. Cook over low heat about 10 minutes.

Nutrition information for 1/2 cup

Calories = 81 Carbohydrates = 16 grams Protein = 4 grams
Total Fat = 1 gram Saturated Fat = less than 1 gram
Cholesterol = 0 milligrams Sodium = 140 milligrams



CORN TOASTIES

Makes 18 toasties

2 cups cornmeal
1 cup all-purpose flour, sifted
2 tablespoons sugar
1-1/2 teaspoons baking powder
1/4 teaspoon salt
1/2 teaspoon baking soda
3/4 cup buttermilk (made from 2 teaspoons vinegar
+ 3/4 cup milk, made from nonfat dry milk powder)
1/4 cup dry egg mix mixed with 1/4 cup water
2 tablespoons vegetable oil

1. In a large bowl combine cornmeal, flour, sugar, baking powder, salt, and baking soda.
2. In another bowl, combine buttermilk, egg mix, and vegetable oil. Beat until well blended.
3. Add buttermilk mixture all at once to dry ingredients. Stir until well mixed.
4. Turn mixture onto a lightly floured board and knead only 10 times.
5. Roll out to a thickness of 1/4 inch and cut with a 3-inch-round cutter.
6. Bake on a warm ungreased griddle or frying pan for about 10 minutes on each side.

Nutrition information for 1 toastie

Calories = 96 Carbohydrates = 19 grams Protein = 3 grams
Total Fat = 1 gram Saturated Fat = less than 1 gram
Cholesterol = 11 milligrams Sodium = 98 milligrams



Healthy Eating in Indian Country:



Do You Weigh Too Much?

If you weigh too much, you are more likely to develop health problems. Being overweight is like carrying around heavy baggage all the time. Too much weight puts stress on your body, especially your heart. You can even feel all that extra pressure on your legs and feet. Losing those extra pounds is like letting go of that heavy suitcase.

Get the Right Help

If you feel you are overweight, talk to your Indian Health Service doctor or clinic. They can set up a healthy program for you to lose weight safely. Avoid diets that promise quick weight loss.

Maybe you have tried to lose weight before, but it didn't work. You can still lose weight now.

Why Should You Lose Weight?

Losing those extra pounds may lower your risk of health problems such as **high blood pressure, diabetes, heart disease, stroke, and**

certain cancers. Losing weight may help you feel better, be more active, feel good about yourself, and possibly live longer.

Calorie-Saving Ideas

- Before you cook, trim fat from meat and take skin off chicken.
- Bake or broil instead of frying.
- Use less butter, margarine, and oil when you cook.
- Eat fruit more often for dessert and snacks, and less sugar and sweets.
- Drink water and fruit juice instead of soft drinks or alcoholic beverages. Soft drinks and alcoholic beverages have a lot of calories, and few vitamins or minerals.

Exercise

- Eating less + exercise = weight loss.
- Regular exercise helps to keep weight off.

Eating Tips

- Eat slowly.
- Use a smaller plate.
- Put less food on the plate.



FRUIT AND JUICE GELATIN

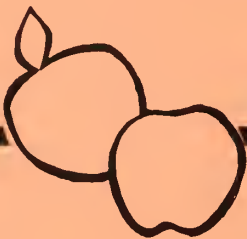
Makes 4 servings, 3/4 cup each

- 1 tablespoon unflavored gelatin
- 2 cups canned fruit juice (do not use pineapple juice; it will not gel)
- 1 cup canned fruit, drained and sliced (such as apricots, peaches, pears)

1. Mix together 1/4 cup juice and gelatin in a bowl.
2. Measure another 1/4 cup juice, bring it to a boil. Add hot juice to the gelatin mixture. Stir until gelatin is dissolved.
3. Add remaining juice and stir.
4. Put in refrigerator until gelatin is set.
5. After the gelatin begins to set, add the sliced fruit and return gelatin to refrigerator until firm.

Nutrition information for 3/4 cup

Calories = 91 Carbohydrates = 22 grams Protein = 2 grams
Total Fat = less than 1 gram Saturated Fat = less than 1 gram
Cholesterol = 0 milligrams Sodium = 8 milligrams



CREOLE BEANS

Makes 4 servings, 1 cup each

- 2-1/2 cups dry beans, cooked
- 1/2 cup celery, sliced
- 1/2 cup green pepper, chopped
- 1/2 cup onion, chopped
- 2 teaspoons vegetable oil
- 1 16-ounce can tomatoes, with juice (2 cups)
- 1/4 teaspoon garlic powder
- 1/8 teaspoon pepper

1. Cook celery, onion, and green pepper in vegetable oil in a large saucepan until soft, about 5 minutes.
2. Break up large pieces of tomatoes. Add tomatoes and seasonings to vegetable mixture.
3. Bring to a boil. Add beans and return to a boil.
4. Cover and cook over low heat until flavors are blended and liquid is cooked away, about 30 minutes. Stir once in a while to prevent sticking.

Nutrition information for 1 cup

Calories = 197 Carbohydrates = 33 grams Protein = 11 grams
Total Fat = 3 grams Saturated Fat = less than 1 gram
Cholesterol = 0 milligrams Sodium = 212 milligrams





Healthy Eating in Indian Country:



High Blood Pressure

When you have **high blood pressure**, your heart has to work harder to pump blood through your body. Untreated high blood pressure is a cause of **kidney disease**, **stroke**, and **heart disease**.

How To Know if You Have High Blood Pressure

You can feel good and still have high blood pressure. There are no early warning signs. Have your blood pressure checked by the Indian Health Service doctor or clinic at least twice a year. This is the only way to know if you have high blood pressure.

Your Diet and High Blood Pressure

For many people, eating less salt will help lower blood pressure.

Ways to eat less salt:

- Use herbs and spices to flavor food instead of salt.
- Drain and lightly rinse canned vegetables to remove extra salt.

- Cook pasta, rice, and vegetables without adding salt to the water.
- Eat less luncheon meats, bacon, cheeses, hot dogs, stews, chips, and seeds.
- Use less salt at the table.

Other Ways To Lower Your Blood Pressure

Maintain a healthy weight

Overweight people are more likely to get high blood pressure. Even a small weight loss can help lower your blood pressure. Choose an exercise activity that you like to do. Exercise 3 to 4 times a week for at least 20 minutes each time. You can take long brisk walks, jog, swim, play basketball, do aerobics, or ride a bicycle.

Limit alcohol intake

Alcohol may raise your blood pressure. If you do drink, limit your intake as much as possible. If you are pregnant or trying to become pregnant, don't drink any alcoholic beverages at all.



POTATO CAKES

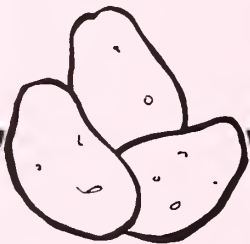
Makes 7 cakes, 3 inches each

2 cups cold mashed potatoes (made from instant potato flakes)
1/2 cup all-purpose flour, unsifted
2 tablespoons onion, finely chopped
2 tablespoons vegetable oil

1. Put mashed potatoes into a bowl.
2. Add flour and onion. Mix well.
3. Pat potato mixture on a lightly floured board until 1/2 inch thick.
4. Cut with a 3-inch-round cutter.
5. Place on a baking sheet, cover, and refrigerate until just before cooking.
6. Heat oil in a frying pan or griddle.
7. Fry cakes over medium heat, turning to brown on both sides. Serve immediately.

Nutrition information for 1 cake

Calories = 115 Carbohydrates = 15 grams Protein = 2 grams
Total Fat = 5 grams Saturated Fat = 1 gram
Cholesterol = 1 milligram Sodium = 141 milligrams



ORANGE SPICED CARROTS

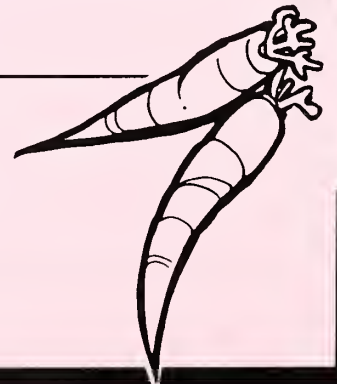
Makes 4 servings, 1/2 cup each

1 16-ounce can carrots (2 cups)
1/4 cup water
1/4 cup orange juice
1 tablespoon vegetable oil
1/2 teaspoon vanilla
1/4 teaspoon nutmeg

1. Put water, orange juice, and vegetable oil into a small saucepan.
2. Drain carrots. Throw liquid away.
3. Add carrots. Cover tightly and cook over low heat until carrots are heated, about 10 minutes. Remove from heat.
4. Sprinkle carrots with vanilla and nutmeg. Mix well.

Nutrition information for 1/2 cup

Calories = 56 Carbohydrates = 6 grams Protein = 1 gram
Total Fat = 4 grams Saturated Fat = less than 1 gram
Cholesterol = 0 milligrams Sodium = 176 milligrams





Healthy Eating in Indian Country:



Exercise

Exercise is good for you! It helps keep your heart healthy, burns calories, and can help you lose weight. Regular exercise lowers your risk of obesity, heart disease, and high blood pressure.

Choosing an Exercise That Is Right for You

Choose an exercise you enjoy. If you enjoy it, you are more likely to keep doing it. Try to exercise with a friend.

Take long brisk walks, play basketball, swim, do aerobics, or ride a bicycle. Exercise three to four times a week for at least 20 minutes each time.

Diet and Exercise

Eating a variety of foods is important. What you eat before exercise makes a difference.

- Drink water before, during, and after you exercise. Water helps replace the water you lose as sweat during exercise.

- Eat plenty of whole-grain breads, cereals, potatoes, rice, beans, fruits, and vegetables. These foods will give added energy when you exercise.
- Limit foods like candy, cookies, cakes, pies, and potato chips. Also limit soft drinks.

Exercise Tips

Check with your Indian Health Service doctor or clinic before you start an exercise program. This is very important, especially if you have not been exercising regularly, or if you smoke or have high blood pressure, high cholesterol, obesity, heart disease, or diabetes.

Always begin exercising with slow, easy movements. Bit by bit increase to a higher level of activity. Slow down your level of activity for the last 5 minutes of your exercise program.

Start your exercise program slowly. Don't push yourself too much, too hard, or too soon.





FRUIT MILK SHAKE

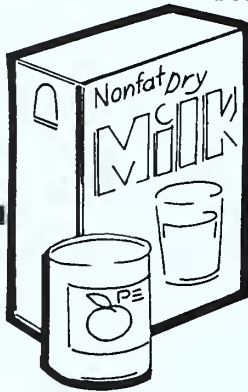
Makes 4 servings, 1 cup each

3 cups peaches in syrup (or any other kind of canned fruit)
1/2 cup nonfat dry milk powder
8 ice cubes, crushed

1. Drain fruit, but keep syrup.
2. Mash fruit through a strainer.
3. Add the syrup.
4. Mix dry milk powder with fruit.
5. Crush ice in a clean cloth with a hammer or rolling pin.
6. Mix crushed ice with fruit mixture.

Nutrition information for 1 cup

Calories = 133 Carbohydrates = 32 grams Protein = 4 grams
Total Fat = less than 1 gram Saturated Fat = less than 1 gram
Cholesterol = 2 milligrams Sodium = 56 milligrams



Makes 4 servings, 1 cup each

1/2 cup onion, chopped
1/2 cup green pepper, chopped
1/3 cup celery, sliced
1/2 cup rice, uncooked
1 teaspoon vegetable oil
1 16-ounce can tomatoes (2 cups)
1-1/2 cups canned chicken
3/4 cup water
1/2 teaspoon chili powder
1/4 teaspoon pepper

1. Cook onion, green pepper, celery, and rice in vegetable oil at medium heat in a large saucepan until soft, about 5 minutes.
2. Drain tomatoes and save the liquid.
3. Chop tomatoes into small pieces.
4. Add tomatoes, liquid, chicken, water, chili powder, and pepper to rice mixture.
5. Bring to a boil and stir. Cover and cook on low heat. Cook until rice is tender, about 25 minutes.

Nutrition information for 1 cup

Calories = 310 Carbohydrates = 26 grams Protein = 29 grams
Total Fat = 10 grams Saturated Fat = 3 grams
Cholesterol = 51 milligrams Sodium = 348 milligrams

CHICKEN SPANISH RICE





Healthy Eating in Indian Country:



Lowering Your Risk of Heart Disease

*There are many kinds of **heart disease**. When you have heart disease, your heart cannot pump blood through your body in the normal way. You can have heart disease and still feel good. It can also make you feel weak and sick. You could have a heart attack even if you do not feel sick.*

Risks for Heart Disease

Your risk for developing heart disease increases if you:

- Smoke
- Have diabetes
- Have high blood cholesterol
- Do not exercise
- Have high blood pressure
- Have heart disease in your family
- Are overweight
- Have a diet high in saturated fat and sodium

Healthy Eating Tips

- Eat fish, chicken and turkey without the skin, and lean meat. Eat less fatty meats. Before you cook any kind of meat, remove all visible fat and throw it away. After cooking, remove all remaining fat before eating.
- Cook meat, chicken, turkey, and fish without adding fat. Try baking, broiling, stewing, or

roasting meats. Fry foods less often.

- Use less butter, margarine, shortening, and oil in cooking and at the table.
- Use liquid vegetable oil for cooking instead of solid shortening or lard because it is lower in saturated fat.
- Eat a variety of whole-grain breads and cereals, pasta, vegetables, and fruit.
- Eat less sugar and sugary foods like cakes, pies, and cookies. This can help you reduce calories and maintain healthy weight.

What You Can Do To Lower Your Risk

- Quit smoking
- Eat fewer foods high in fat, saturated fat, and cholesterol
- Eat fewer foods high in salt and sodium
- Keep your weight normal
- Exercise regularly

Visit your Indian Health Service doctor or clinic before you begin a diet or exercise program. This is very important if you have any of the risk factors for heart disease.



REFRIED BEANS

Makes 5 servings, 1/2 cup each

1 teaspoon vegetable oil
2 tablespoons onion, finely chopped
1 teaspoon garlic powder
1-1/3 cups dried pinto beans, cooked
1/2 cup water
1 tablespoon ketchup
2 tablespoons canned green chili peppers, diced

1. Heat oil over medium heat in skillet.
2. Add onion and cook until soft, about 5 minutes.
3. Put beans in bowl and mash with fork.
4. Add water, ketchup, and garlic powder and mash again.
5. Add bean mixture and chili peppers to the onion mixture. Mix well.
6. Cook over medium heat, stirring constantly, until beans are thoroughly heated.

Nutrition information for 1/2 cup

Calories = 78 Carbohydrates = 13 grams Protein = 4 grams
Total Fat = 1 gram Saturated Fat = less than 1 gram Cholesterol = 0 milligrams
Sodium = 61 milligrams



SCALLOPED POTATOES

Makes 10 servings, 1/2 cup each

1 tablespoon cornstarch
1 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon pepper
1-1/2 cups milk made from nonfat dry milk powder
1-1/2 pounds red boiling potatoes, peeled and thinly sliced
1/4 cup onion, chopped
1/4 cup parsley flakes
vegetable oil

1. Mix cornstarch, garlic powder, salt, and pepper in a small saucepan.
2. Add milk. Stir well.
3. Cook over medium heat, stirring constantly, for 2 minutes or until mixture is thickened and bubbly. Remove sauce from heat. Set aside.
4. Arrange half each of potatoes, onion, and parsley in bottom of a 2-quart casserole dish thinly coated with vegetable oil.
5. Top with half of sauce.
6. Make another layer with remaining potatoes, onion, and parsley. Top with remaining sauce.
7. Cover and bake at 350 degrees for 45 minutes. Stir once during baking time. Uncover and bake an additional 30 minutes.

Nutrition information for 1/2 cup

Calories = 79 Carbohydrates = 17 grams Protein = 3 grams
Total Fat = less than 1 gram Saturated Fat = trace Cholesterol = less than 1 milligram Sodium = 131 milligrams



Healthy Eating in Indian Country:



Eating Less Fat

Fat is a natural part of many foods. Fat is often added in cooking. Foods high in fat are also high in calories. When your diet is too high in calories, you will gain weight. Even if you are thin, you may be eating too much fat.

Why Eat Less Fat?

Most of us eat too many high-fat foods. People with high-fat diets are more likely to be obese, and have **heart disease** and **certain types of cancer**. Eating too much fat, especially saturated fat, may increase the risk of developing **heart disease**.

Cooking With Less Fat

- Before you cook any kind of meat, remove the fat and throw it away. Chill canned meat before opening so the fat gets hard. Take off the fat at the top of the can and use just the meat and juices.
- Cook meat, chicken, turkey, and fish without adding extra fat. Try baking, broiling, stewing, or roasting meats. Fry foods less often.
- Use liquid vegetable oil for cooking instead of solid shortening and lard because it is lower in saturated fat. Use less butter, margarine, shortening, and oil in cooking and at the table.

Choosing Foods Low in Fat

Reading food labels can help you choose foods lower in fat.

Foods Lower in Fat:

- fish, turkey and chicken without skin, lean pork, lean beef
- whole-wheat bread, English muffins, rolls, tortillas
- skim or lowfat milk, nonfat dry milk, lowfat yogurt, ice milk, lowfat cheese
- popcorn, plain or with garlic, chili, or onion powder
- canned and dried fruits, vegetables, pasta, cereals, dry beans

Foods Higher in Fat:

- fatty cuts of meat, luncheon meats
- fry bread, biscuits, muffins, cakes, pies, doughnuts
- popcorn with oil or butter
- whole milk, ice cream, cheese, butter, margarine
- potato chips, crackers, chocolate, nuts, peanut butter





CRISPY BAKED CHICKEN

Makes 4 servings

4 chicken breasts
1/2 cup milk made from nonfat dry milk powder
1/2 cup crushed corn flakes
1/2 teaspoon rosemary
1/4 teaspoon black pepper

1. Remove all skin from the chicken. Rinse and dry the pieces well.
2. Place whole cereal in small plastic or paper bag and crush with palm of hand.
3. Mix cereal crumbs, rosemary, and pepper.
4. Dip chicken in milk.
5. Roll chicken in cereal crumb mixture. Let stand briefly so coating will stick to chicken.
6. Place chicken in a lightly oiled baking pan.
7. Bake at 400 degrees for 45 minutes.

Nutrition information for 1 serving

Calories = 318 Carbohydrates = 7 grams Protein = 55 grams
Total Fat = 6 grams Saturated Fat = 2 grams Cholesterol = 147 milligrams
Sodium = 200 milligrams

LOWFAT COOKING METHODS:

1. Baking

Poultry, fish, and meat can be baked in covered cookware with a little water or broth added. The moisture that the liquid adds makes this method good for fish or chicken breasts, which tend to become a little dry.

2. Grilling or Broiling

Placing meat or poultry on a rack for cooking lets the fat drip away. It's also a tasty way to cook fish steaks or whole fish. For extra flavor, try marinating food before putting it over the coals or under the broiler. Skewered vegetables also taste great browned over an open flame.

3. Sauteing

Fish, poultry, and vegetable dishes can be sauteed in an open skillet with little or no fat. The high temperature and motion keep food from sticking. Try sauteing with a tiny bit of vegetable oil rubbed onto the pan with a paper towel. Better still, use nonstick vegetable spray or saute in a small amount of broth.

4. Steaming

Cooking food in a basket over simmering water leaves the natural flavor, color, and nutritional value of vegetables intact. Try adding herbs to the steaming water or using broth to add even more flavor to the finished dish.



Healthy Eating in Indian Country:



Eating Less Salt and Sodium

Most people eat too much salt and sodium. Sodium is in salt. Sodium is also in many foods that may not taste salty. Most of the sodium in our diets comes from salt in processed foods we buy. We also add extra salt to food in cooking and at the table. Read food labels to choose foods lower in sodium and salt.

Why Eat Less Salt?

Eating less salt and sodium may be better for your blood pressure and heart. For some people, a diet high in salt and sodium may lead to **high blood pressure**. Untreated high blood pressure may increase the risk of **heart disease**, **kidney disease**, or **stroke**. Have your blood pressure checked by an Indian Health Service doctor or clinic to see if you need to limit salt in your diet.


Use Fewer Foods High in Sodium

- Seasonings like soy sauce, garlic salt, onion salt, meat tenderizer, or pickled foods
- Canned tomato juice and canned soups
- Processed American cheese or Swiss cheese
- Snack foods such as potato chips, corn chips, salted crackers, and salted nuts and seeds
- Cured or processed meat like hot dogs, bacon, ham, sausage, and luncheon meats

Use Less Salt When You Cook

- Drain the liquid from canned vegetables. It has extra salt in it. To remove more salt, rinse the vegetables under running water.
- Reduce the amount of salt you use in cooking. Leave salt out of recipes that use cheese, canned foods, and seasonings like Worcestershire or soy sauce. These foods already have a lot of salt in them.
- Cook pasta, rolled wheat, rolled oats, and rice with little or no salt.
- Use herbs and spices like pepper, thyme, basil, chili powder, garlic, and onion to season food instead of salt.

Use Less Salt at the Table

- Taste your food before you add salt.
 - Use only half your usual amount of salt.
 - Remove the salt shaker from the table.
- 



LOW SALT AND SODIUM TIPS

Herbs and spices are wonderful alternatives to salt and other foods high in sodium.

Herb Blend #1

1-1/2 teaspoons thyme
1-1/2 teaspoons sage
2 teaspoons rosemary
2 teaspoons marjoram
2-1/2 teaspoons savory



Herb Salt Substitute

3 teaspoons basil
2 teaspoons savory
2 teaspoons celery seed
2 teaspoons ground cumin seed
2 teaspoons sage
1 teaspoon lemon thyme
2 teaspoons marjoram

Herb Blend #2

1 teaspoon celery seed
2-1/2 teaspoons marjoram
2-1/2 teaspoons savory
1-1/2 teaspoons thyme
1-1/2 teaspoons basil

- Reduce salt by one-half or eliminate salt in any recipe.
- Use 1/4 teaspoon of dried herbs for every four servings of food.



Healthy Eating in Indian Country:



Eating Less Sugar

Many people eat too much sugar. Much of the sugar we eat is in processed foods. Some foods high in added sugar are candies, soft drinks, and cakes. These foods are also high in calories and may add unwanted weight. Some added sugars are white sugar, brown sugar, honey, molasses, and syrups.

Why Eat Less Sugar?

Eating a lot of sugary foods can lead to tooth decay. The more often you eat these foods, even in small amounts, the more you are at risk for tooth decay.

- Babies do not need sweetened drinks. Use only formula, milk, or water in baby bottles to help prevent tooth decay.
- Regular daily brushing with a fluoride toothpaste helps prevent tooth decay.

Easy Ways To Lower Sugar in Your Meals

It is all right to have high-sugar foods now and then. Try not to eat them every day, but when you do, eat them with your meals.

Instead of Foods With Added Sugar...

- fruits canned in heavy syrup
- presweetened cereal
- sugar-sweetened fruit punches, ades, soft drinks with added sugar
- coffee or tea with added sugar
- candy, candy bars, cookies, cakes, pies, pastries

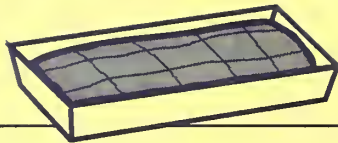
...Try Foods Lower in Sugar

- fresh fruits or fruits canned in natural juice or light syrup
- plain cereal topped with fruit
- water, 100-percent fruit juices
- coffee or tea without sugar
- crackers, plain popcorn

Did You Know?

- A 12-ounce cola contains about 8 teaspoons of sugar.
- A 1/2-cup serving of peaches in heavy syrup has 4 teaspoons of added sugar.





LOW-SUGAR BROWNIES

Makes 16 brownies

1/3 cup margarine or butter
1 ounce unsweetened baking chocolate
1/4 cup sugar
1 tablespoon honey
1/2 cup dry egg mix plus 1/2 cup water
3/4 cup flour
1/2 teaspoon baking powder

1. Melt margarine and chocolate in pan over low heat. Remove from heat. Cool slightly.
2. Add sugar and honey. Mix well.
3. Add egg mix. Beat well.
4. Combine flour and baking powder.
5. Stir into chocolate mixture. Mix well.
6. Pour into a lightly oiled 8- by 8-inch pan.
7. Bake at 350 degrees for 20 to 25 minutes.
8. Cool. Cut into 16 squares.

Nutrition information for 1 brownie

Calories = 97 Carbohydrates = 10 grams Protein = 2 grams
Total Fat = 6 grams Saturated Fat = 1 gram Cholesterol = 23 milligrams Sodium = 82 milligrams



Makes 5 servings, 1/2 cup each

3 envelopes unflavored gelatin
1 46-ounce can apple juice
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
5 cups apples, peeled and sliced
1 tablespoon margarine or butter

LOW-SUGAR APPLE DESSERT

1. Combine gelatin, apple juice, cinnamon, and nutmeg in a large skillet. Stir well. Let stand 1 minute.
2. Cook over low heat 1 minute or until gelatin dissolves.
3. Add apples. Cover and continue to cook over low heat until tender, about 20 minutes.
4. Stir apples gently. Spoon pan juices over apples several times during cooking.
5. Add margarine. Stir gently until margarine melts. Remove from heat.
6. Cover and refrigerate until chilled. Spoon mixture into dessert dishes to serve.

Nutrition information for 1/2 cup

Calories = 244 Carbohydrates = 53 grams Protein = 4 grams
Total Fat = 3 grams Saturated Fat = 1 gram Cholesterol = 0 milligrams Sodium = 39 milligrams



Healthy Eating in Indian Country:



Nutrition During Pregnancy

Pregnancy is a very special time for you and your baby. Eating healthy foods will help your baby to grow strong and healthy. Visit your Indian Health Service doctor or clinic regularly for checkups during your pregnancy.

What Should I Eat?

No single food gives you everything you need to stay healthy. Eat a variety of foods every day.

Choose These Foods	How Much?	What Is a Serving?
Breads, crackers Muffins, tortillas Cereal, rice, pasta	9 or more servings	1 slice bread, 3-4 crackers 1 muffin or tortilla 2/3 cup cooked cereal, rice, pasta
Fruits Fruit Juice	3 or more servings	1 piece or 1/2 cup fruit 3/4 cup of juice
Vegetables Vegetable Juice	4 or more servings	1/2 cup, raw or cooked vegetables, 3/4 cup juice
Meat, fish, poultry, Dry peas, beans, Peanut butter, nuts, eggs	3 or more servings	2-3 oz. cooked meats 1/2 cup cooked beans/peas 2 tablespoons peanut butter, 1/3 cup nuts, 1 egg
Milk Foods made from milk	3 or more servings	1 cup milk or yogurt 2 slices cheese





Healthy Eating Tips

When you eat well, you will feel better and have more energy during your pregnancy.

Bread, cereal, rice, and pasta.

These starchy foods should be a part of every meal. They fill you up and are not fattening if you use only small amounts of mayonnaise, butter, sauce, or gravy.

Fruits. Fruits and fruit juices are good snacks and contain lots of important vitamins. For a new taste, mix two or more fruit juices together.

Vegetables. Use vegetables as a side dish and put them in soups, stews, or sauces. Chop or grate them, and mix with ground meat for hamburgers or meat loaf.

Meats and beans. Eat lean meat, poultry, and fish. You can mix beans with rice and add meat or beans to casseroles. Try making soups or stews with beans.

Dairy foods. Use all the milk in your food package. You can add milk to soups or pudding. Try lowfat cheeses melted on toast or tortillas, or mixed with scrambled eggs. If you have a problem drinking milk or eating dairy foods, read the fact sheet **Do You Have a Problem Drinking Milk?** (fact sheet number 12).

Healthy snacks. Snacks can come from any food group. Fruits and raw vegetables like carrots or celery are low-calorie snacks. Peanut butter on crackers, raisins, and prunes are high-energy snacks.

Iron-rich foods. Iron-fortified cereals and grains, meats, and beans are important when you are pregnant.

Be sure to ask your Indian Health Service doctor or clinic about **the Special Supplemental Food Program for Women, Infants, and Children (WIC)**. WIC offers healthful foods and information about pregnancy.

REMEMBER

Don't smoke cigarettes, drink alcohol, or use street drugs. Unborn babies are not protected from the alcohol, cigarettes, and drugs that their mothers use. Ask your health clinic worker before you take any prescription or over-the-counter drugs. Visit your Indian Health Service doctor or clinic regularly.

BAKED RICE AND CHEESE

Makes 4 servings

2 cups cooked rice
1/4 cup dry egg mix, 1/4 cup water
2 tablespoons margarine or butter, melted
1/2 cup milk, made from nonfat dry milk powder
1/3 cup cheese, shredded
1/4 teaspoon onion powder
1/4 teaspoon dried mustard
1/8 teaspoon ground red pepper
1 teaspoon Worcestershire sauce

1. Combine all of the ingredients in a 1-quart baking dish.
2. Bake at 350 degrees for 30 minutes.

Nutrition information for 1 serving

Calories = 270 Carbohydrates = 33 grams Protein = 9 grams
Total Fat = 11 grams Saturated Fat = 4 grams Cholesterol = 57 milligrams Sodium = 208 milligrams
Calcium = 146 milligrams Iron = 2 milligrams Folic acid = 9 milligrams



Healthy Eating in Indian Country:



Nutrition and the Older Adult

Getting older can change the way a person's body uses food. Foods may not taste the same as they used to. Healthy eating and regular exercise can give you the energy and strength to enjoy an active life.

Eating Tips

- You may find it hard to eat three full meals each day. Try eating five or six small meals each day.
- Healthy snacks can help you get the vitamins and minerals your body needs. Try snacks of crackers and cheese. Try tuna fish or half a chicken sandwich between meals. Fruits and vegetables also make good snacks.
- Drink lots of water and fruit juices.
- Eat a variety of foods every day. For example:

whole-grain cereals	bread
lowfat milk	nuts
vegetables	fruit
rice	pasta
lean meats	fish
poultry	eggs
- Limit fatty and sugary foods.
- Eat plenty of dairy foods to be sure to get the calcium you need as you get older. Try half a glass of lowfat milk with meals.

- Try herbs, spices, lemon juice, or garlic on foods instead of salt.

How To Make Meals More Enjoyable

- A meal program for the elderly is probably available near you. These meals offer good food and the chance to get together with other people. Ask your local tribal officials for more information.
- Join or start a group where everyone gets together and brings a favorite dish.
- Ask a friend to lunch or dinner at your home. It's more fun to cook for two. Next time, a friend can invite you!

Visit your Indian Health Service doctor or clinic to find out about the right nutrition and exercise program for you.





COTTAGE CHEESE AND CINNAMON TOASTIES

Makes 4 servings

4 slices bread, toasted
1 cup lowfat (1%) cottage cheese
1-1/3 cups canned peaches in light
syrup, sliced and well drained
1/2 teaspoon cinnamon

1. Spread toasted bread with cottage cheese.
2. Top with peach slices.
3. Sprinkle with cinnamon.
4. Broil until heated through, about 5 minutes.
Serve immediately.

Nutrition information for 1 serving

Calories = 154 Carbohydrates = 26 grams Protein = 9 grams Total Fat = 2 grams
Saturated Fat = 1 gram Cholesterol = 3 milligrams Sodium = 363 milligrams

TUNA LOAF

Makes 4 servings

1 12-1/2-ounce can water-packed tuna, undrained
1/2 cup bread crumbs
1/4 cup dry egg mix plus 1/4 cup water
1/4 cup onion, chopped
1 teaspoon lemon juice
1/4 teaspoon black pepper
1/4 teaspoon chili powder

1. Mix all ingredients well.
2. Press into a lightly oiled baking dish or form a loaf in a baking pan.
3. Bake uncovered at 350 degrees for 30 minutes.

Nutrition information for 1 serving

Calories = 211 Carbohydrates = 12 grams Protein = 28 grams
Total Fat = 5 grams Saturated Fat = 1 gram Cholesterol = 84 milligrams Sodium = 496 milligrams



Healthy Eating in Indian Country:



Effects of Alcoholic Beverages

Many people should not drink alcoholic beverages.

Do not drink alcoholic beverages if you:

- *cannot keep your drinking moderate;*
- *are pregnant or trying to become pregnant;*
- *are a child or teenager;*
- *plan to drive or operate machinery; or*
- *use any type of medicine.*

Risks of Alcohol Use

- The more you drink alcoholic beverages, the more you harm your health. Beer, wine, wine coolers, liquor, or mixed drinks all contain alcohol.
- Drinking alcoholic beverages may cause health problems. Drinking too much alcohol may cause cirrhosis of the liver and damage to the brain or heart. It may also increase your risk for many cancers.
- Drinking alcoholic beverages may worsen health problems that you already have.
- Drinking alcoholic beverages when you are taking any type of medicine, even over-the-counter drugs, may be harmful.
- Alcoholic beverages have only calories and do not contain the vitamins or minerals your body needs. Extra calories from alcoholic beverages may cause weight gain.

Moderation

- Moderate drinking is no more than 1 drink a day for women. Moderate drinking for men is no more than 2 drinks a day. Twelve ounces of beer, 5 ounces of wine, or 1-1/2 ounces of liquor count as one drink.
- Visit your local alcoholism or substance abuse program for more information on how to deal with problem drinking.

Alcohol During Pregnancy

Drinking any type of alcoholic beverage while pregnant can be harmful. When you take a drink, your baby does too. When alcohol reaches the baby, it may harm the baby's developing brain or heart. **Choose not to drink any alcoholic beverages while you are pregnant.**

If you drink alcoholic beverages, you might have a child with "fetal alcohol syndrome," called FAS for short. Babies do not get over FAS. They have it for life.

Babies with FAS:

- are small
- are slow or mentally retarded
- have deformed faces
- might have heart problems

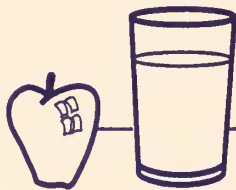


APPLE JUICE SPRITZER

Makes 4 servings, 7 ounces each

1-1/2 cups chilled apple juice
1 teaspoon lemon juice
2 cups chilled club soda

1. Chill glass.
2. Blend apple juice, lemon juice, and club soda together.
3. Pour into glass. Serve immediately.



Nutrition information for 1 serving

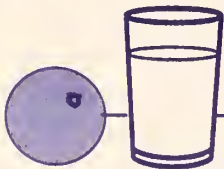
Calories = 44 Carbohydrates = 11 grams Protein = trace
Total Fat = trace Saturated Fat = trace Cholesterol = 0 milligrams Sodium = 28 milligrams

ORANGE FIZZ

Makes 4 servings, 7 ounces each

12 ice cubes
1 cup orange juice
2 teaspoons lemon juice
2 teaspoons honey
2-1/2 cups club soda

1. Crush ice cubes and divide among four 10-ounce glasses.
2. Mix together orange juice and lemon juice.
3. Add honey and mix well.
4. Pour 1/4 cup of mixed juices into each glass.
5. Divide the club soda among the four glasses. Stir briskly. Serve immediately.



Nutrition information for 1 serving

Calories = 37 Carbohydrates = 9 grams Protein = less than 1 gram Total Fat = trace
Saturated Fat = trace Cholesterol = 0 milligrams Sodium = 33 milligrams



Healthy Eating in Indian Country:



Do You Have a Problem Drinking Milk?

*You may have **Lactose Intolerance** if drinking milk, or eating dairy foods, gives you stomach discomfort.*

What Is Lactose Intolerance?

Lactose intolerance is when your body has trouble digesting lactose. Lactose is a sugar found in milk and other foods that contain milk. Nausea, gas, diarrhea, or cramps are problems many people get from drinking milk or eating dairy foods.

Foods With Calcium

It is very important that you eat foods high in calcium if you don't drink milk. You need calcium in your diet, especially if you are pregnant.

Canned or dried fish with bones such as salmon and sardines are high in calcium. Dark-green leafy vegetables such as broccoli, beet greens, and turnip greens also provide calcium. Try to eat these foods often.


Eating Tips for Lactose Intolerance

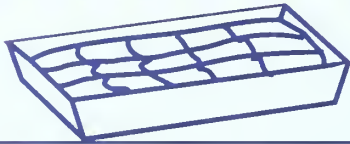
- You may be able to eat some dairy foods such as hard cheeses, yogurt, and cultured butter-milk. These dairy foods provide calcium, and contain less lactose than milk.

- Try eating dairy foods in smaller servings to find an amount that agrees with you.
- Try drinking just half a glass of milk **with** a meal or snack. Drinking small amounts of milk **with** food may not cause problems.
- Try drinking a special milk such as Dairy Ease or Lact-Aid. These brands of milk have been treated to reduce the amount of lactose. You can also buy Lact-Aid tablets to add to regular milk.
- A healthy diet includes milk and other dairy foods. They are good sources of calcium and other needed nutrients. When you can, choose lower fat dairy foods such as skim or nonfat dry milk, lowfat yogurt, and ice milk. They add less fat to your diet.

If you have a problem eating dairy foods, visit your Indian Health Service doctor or clinic for advice on your diet.

(Reference to commercial products does not imply endorsement.)





SPINACH LASAGNA

Makes 8 servings

- 1 16-ounce box lasagna noodles
- 5 cups spaghetti sauce (see recipe below)
- 1/2 cup dry egg mix plus 1/2 cup water
- 1 teaspoon garlic powder
- 1 teaspoon oregano
- 3 tablespoons parsley flakes
- 1 16-ounce can spinach, well-drained
- 1/2 cup mozzarella cheese, shredded
- 2 cups bread crumbs

1. Cook noodles according to directions on box.
2. Rinse with cold water and set aside to drain.

3. Prepare spaghetti sauce and set aside.
4. Drain spinach and set aside.
5. Combine egg mixture with garlic powder, oregano, parsley, and spinach.
6. Line a 9- by 13-inch glass pan or a large oblong pan with noodles.
7. Top with a generous layer of spaghetti sauce, then spinach mixture, then bread crumbs.
8. Repeat these layers until all these ingredients are used.
9. Sprinkle top with cheese.
10. Bake uncovered at 350 degrees for 40 minutes.

Nutrition information for 1 serving

Calories = 390 Carbohydrates = 48 grams Protein = 24 grams Total Fat = 12 grams Saturated Fat = 3 grams
Cholesterol = 110 milligrams Sodium = 714 milligrams Calcium = 272 milligrams



SPAGHETTI SAUCE

Makes 8 servings, 2/3 cup each

- 1 pound ground turkey or beef
- 1 tablespoon vegetable oil
- 3/4 cup onion, chopped
- 2 cloves garlic, finely chopped
- 3/4 cup green pepper, chopped
- 1/4 teaspoon hot red pepper flakes (optional)
- 4 16-ounce cans tomatoes with juice
- 2 bay leaves
- 1 teaspoon basil
- 1/4 teaspoon black pepper

1. Brown meat in skillet. Drain fat.
2. Heat oil in saucepan over medium heat.
3. Add onion, garlic, green pepper, and hot pepper flakes to oil. Cover and heat 2 minutes, stirring occasionally.
4. Mash tomatoes into small pieces. Add to mixture in saucepan.
5. Add herbs to mixture. Cover and bring to a boil. Reduce heat and simmer for 25 minutes, stirring occasionally.
6. Remove bay leaves before serving.

Nutrition information for 2/3 cup (using ground turkey)

Calories = 152 Carbohydrates = 12 grams Protein = 12 grams Total Fat = 7 grams Saturated Fat = 1 gram
Cholesterol = 42 milligrams Sodium = 424 milligrams Calcium = 77 milligrams